

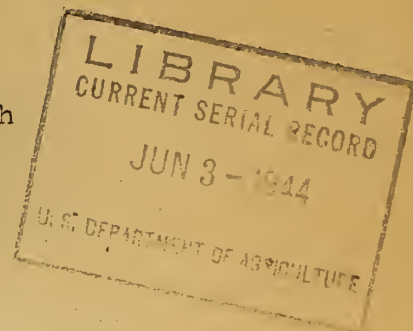
Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
N2 In 22
cgs1

March 1944

WAR FOOD ADMINISTRATION
Office of Distribution
Civilian Food Requirements Branch



Industrial Nutrition Service

The current no-point, low-cost food is cabbage.

Winter cabbage growers in Arizona, Texas, Florida, and California this year have a record crop of 483,600 tons. Part of that cabbage will be made into kraut, but a great deal of it must be marketed fresh. So the War Food Administration is urging that full use be made of the plentiful cabbage supply. This means serving cabbage more frequently in homes, restaurants, and industrial cafeterias.

Origin and Evolution

Cabbage has always been a popular food. It stems from the wild or sea cabbage found near the sea coasts of various parts of England and continental Europe. Somewhere along the line it migrated to the U. S. and got tied up with corned beef. New England's famous boiled dinners, of course, include corned beef, cabbage, potatoes and other vegetables. Salads made with cabbage have found an all-American audience.

Cabbage, calcium and "C"

If you turn to group 2 of the Basic 7 food chart wheel, you will find that it includes oranges, grapefruit, tomatoes... or raw cabbage or salad greens. This is the group that supplies vitamin C. An average serving of cabbage (1/2 to 3/4 cup) if carefully prepared will furnish one-fourth of the daily allowance of Vitamin C. Greener varieties and green outer leaves may contain sufficient vitamin A per generous serving to furnish the recommended daily allowance of this vitamin. In addition, there is calcium, iron, and phosphorus. The calcium content of cabbage is also much higher in the green outer leaves or green varieties than in the light green inner leaves or in the white varieties. An average serving of certain green varieties may furnish one-fifth of the day's requirement of calcium.

Homely Hints:

To capture all these food values, cabbage should be served raw. Instead of chopping cabbage finely or grinding it, try chopping it into larger size portions, as if it were celery or green pepper. Chopping cabbage finely exposes more of the surface to the air. Shredding helps to imprison the food values. Cutting cabbage with a sharp knife is another way to help preserve food values. Prepare it as near to serving time as possible. In mass feeding, if it must be prepared in advance, keep it covered and stored in a cool place.

Remember to use the green leaves of cabbage as a good source of calcium, needed for strong teeth and bones. The green leaves also provide more vitamin A than the white leaves.

Variations of the old-fashioned cole slaw can be made by combining cabbage with different kinds of salad dressing. Adding various seasonings gives variety. Try whole mustard seed and celery seed, green peppers or pimentos, shredded carrots and other vegetables.

Salad Suggestions

Used as a base for molded salads or combined with other ingredients, cabbage makes an appetizing and nutritious contribution to a meal. Here are some cabbage salad suggestions:

CABBAGE SALAD SUGGESTIONS

1. Shredded cabbage, peanuts, paprika and pimento; serve with cooked dressing.
2. Sliced hard-cooked eggs, chopped cabbage, nuts; combination dressing.
3. Shredded cabbage, pimento, with boiled dressing (after it has been chilled).
4. Diced apple, chopped cabbage; combination dressing.
5. Shredded cabbage, raw shredded carrots; cooked or mayonnaise dressing.
6. Chopped green pepper, shredded cabbage, shredded raw beets or diced cooked beets; salad dressing.
7. Shredded cabbage with salt, vinegar and sugar, whole mustard and celery seed.
8. Chopped peanuts, cabbage; French dressing.
9. Chopped cabbage, green peppers, nuts; cooked salad dressing or mayonnaise mixed with chili sauce.
10. Shredded carrots, cabbage, green peppers; mayonnaise or cooked dressing.
11. Diced celery, green peppers, shredded cabbage, coarsely chopped peanuts; salad dressing.
12. Chopped cabbage may be combined with diced fresh fruits such as bananas, pineapple, oranges and apples.

COOK IT QUICKLY

When you cook cabbage, do it quickly. The best way, as far as vitamin preservation is concerned, is to steam it. Cook it uncovered until tender. Five minutes is long enough to cook a small quantity. Larger quantities may require from 7 to 10 minutes. Prolonged cooking in large amounts of water can cause as much as 95 percent destruction of vitamin C. The less cooking cabbage receives, the better it looks and tastes, and the more food value it retains.

To The Workers in Industrial Food Services

Quantity Recipes for Cabbage

COMBINATION CABBAGE SALAD:

| <u>Ingredients</u> | <u>Weight</u> |
|---|---------------|
| Cabbage, shredded | 7 pounds |
| Celery, diced | 6 pounds |
| Green peppers, chopped | 1½ pounds |
| Fresh tomatoes, cubed in 3/4" pieces | 6 pounds |
| Salt | 2 ounces |

Method:

1. Wash, trim, and shred the cabbage.
2. Wash and dice the celery.
3. Clean and chop the green peppers.
4. Clean and cube tomatoes.
5. Combine these ingredients and add salt.
6. Serve with mayonnaise or French dressing.

Yield: - 100 servings - 3½ ounces each

"PERFECTION CABBAGE SALAD":

| <u>Ingredients</u> | <u>Measure</u> | <u>Weight</u> |
|---|----------------|---------------|
| Lemon gelatine dessert | | 3 pounds |
| Hot water | 1½ quarts | |
| Sweet pickle vinegar | 2 quarts | |
| Cold water | 2 quarts | |
| Lemon juice | | 1 pint |
| Pineapple or other fruit juice | 1 quart | |
| Green peppers, chopped | | 14 ounces |
| Cabbage, shredded | | 4 pounds |
| Carrots, raw grated | | 1 pound |
| Salt | ½ ounce | |
| Paprika | ½ teaspoon | |
| Lettuce leaves | | 8 pounds |
| Mayonnaise | 2 quarts | |

Method

1. Dissolve gelatine in hot water, stirring well. Season.
2. Add remaining liquids. Chill in bath of chipped ice.
3. When slightly congealed, add peppers, cabbage, carrots. Pour into pudding pans or molds.
4. Chill in refrigerator until firm: cut in squares.
5. Serve on lettuce leaves.
6. Garnish with mayonnaise.

Yield: 100 servings - 4 ounces each

HOT SLAW:

| <u>Ingredients</u> | <u>Measure</u> | <u>Weight</u> |
|--|--------------------|---------------|
| Cabbage, cleaned and shredded | | 14 pounds |
| Cooking oil | | 5 ounces |
| Salt | | 2 ounces |
| Pepper | 5 teaspoons | |
| Dressing: | | |
| Milk | 2 quarts | |
| Vinegar | | 1 pint |
| Water | $\frac{1}{2}$ pint | |
| Sugar | | 3 pounds |
| Egg yolks | | 10 ounces |
| Margarine or clarified drippings | | 1 ounce |

Method

1. Shred the cabbage just before serving.
2. Heat the milk, add the vinegar and water slowly.
3. Blend the sugar and slightly beaten egg yolks and stir into the hot liquid.
4. Add the salad oil and season with the salt and pepper.
5. Combine the cabbage with the dressing and serve immediately.

Yield: - 100 servings of 4 ounces each

SCALLOPED CABBAGE:

| <u>Ingredients</u> | <u>Measure</u> | <u>Weight</u> |
|--|----------------|---------------|
| Cabbage as purchased | | 25 pounds |
| White sauce, medium thick | 2 gallons | |
| Melted butter or fortified margarine | | 1 pound |
| Bread crumbs, "battered" | | 3 pounds |

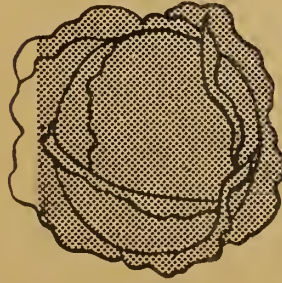
Method

1. Remove the outside leaves of cabbage. Cut in quarters and remove the heart.
2. Steam just until tender.
3. Arrange cabbage in baking pans.
4. Pour white sauce over cabbage. Top with layer of buttered crumbs.
5. Bake until crumbs are delicately browned and at a temperature of 375° to 400° F.

Yield: - 100 servings - 4 $\frac{1}{2}$ ounces each

VITAMIN C RETAINED IN CABBAGE

90 %



RAW SHREDDED

coarsely with
sharp, stainless
steel knife

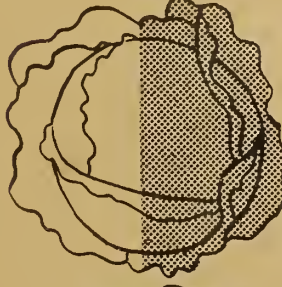
70 %



STEAMED

just enough
to make it
tender

50 %



BOILED

in small
amounts of
water; or
sauteed

25 %



BOILED IN EXCESS WATER

overcooked;
cooked in milk

5 %



OVERCOOKED

boiled;
left standing
on steam table

Prepared by the War Food Administration, Office of Distribution,
for the Industrial Nutrition Service.

